

ERRATUM

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Erratum to: Is self-weighing an effective tool for weight loss: a systematic literature review and meta-analysis

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Erratum

Since publication of the original article [1], a reader observed an error in one of the studies that had been included. The study by VanWormer et al [2] presented the results as pounds and was mistakenly analysed in kg. The results have been re-analysed.

Comparing multi-component interventions including self-weighing with no intervention or minimal control is changed by 0.1 kg (3.3 kg, 95 % CI -4.1 to -2.8). The 95 % prediction intervals changed slightly (-6.7 to 0.05 kg versus previously -6.9 to 0.1). Figure 2 of the original article should have presented these results, as appears correctly within this erratum.

In addition, the mean difference between intervention and control groups for those with accountability changed from -3.6 kg (95 % CI -4.6 to -2.7 kg) to -3.5 kg (95 % CI -4.4 to -2.6 kg). This difference was approaching significance ($p = 0.05$) rather than previously being significant ($p = 0.03$). An amended version of Table 3 appears here to highlight these changes.

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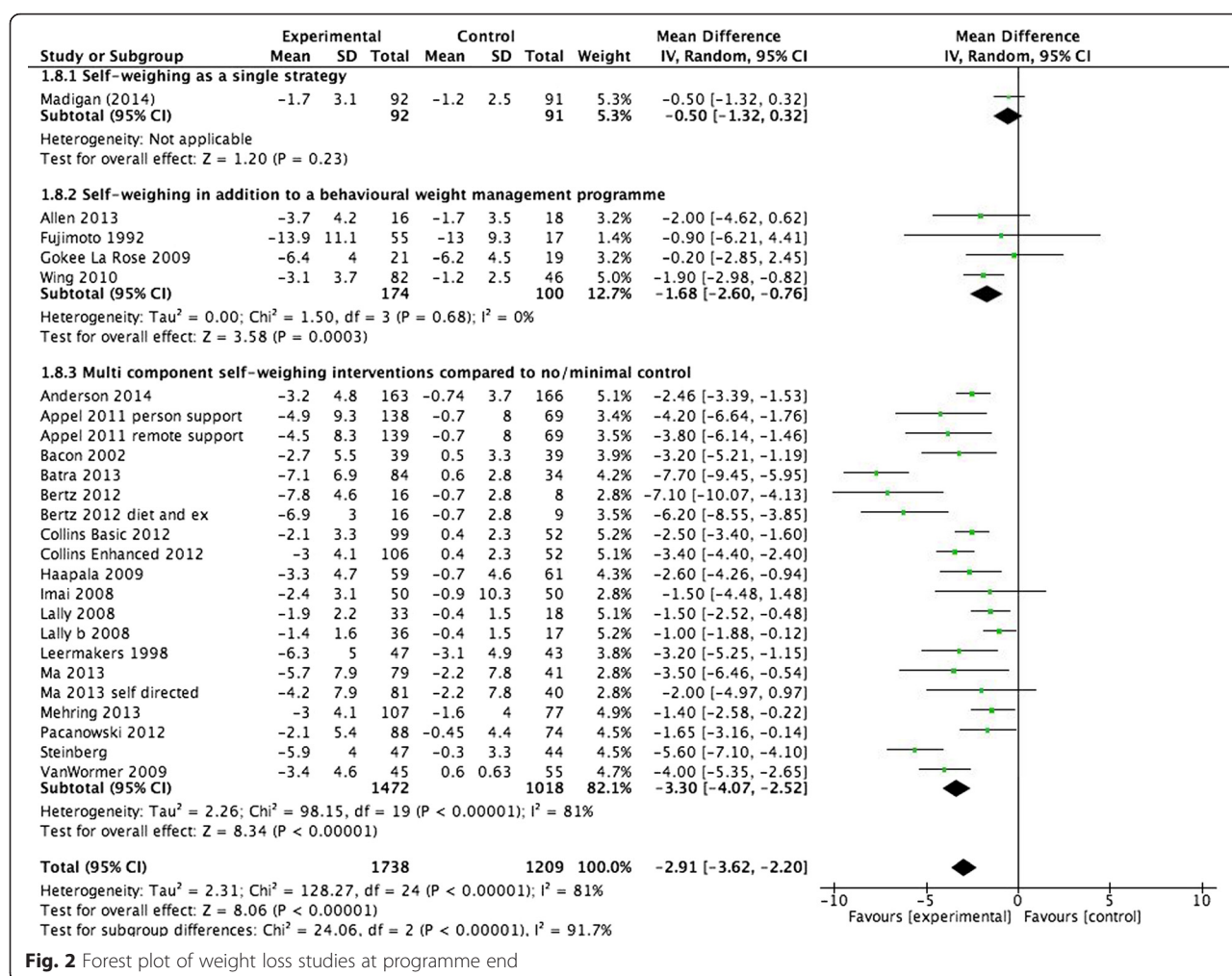
References

1. Madigan CD, Daley A, Lewis A, Aveyard P, Jolly K. Is self-weighing an effective tool for weight loss: a systematic literature review and meta-analysis. *Int J Behav Nutr Phys Act.* 2015;12:104.
2. VanWormer JJ, Martinez AM, Benson GA, Crain AL, Martinson BC, Cosentino DL, et al. Telephone counseling and home telemonitoring: the weigh by day trial. *Am J Health Behav.* 2009;33(4):445–54. doi:10.5993/ajhb.33.4.10.

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**Table 3** Weight change outcomes

		Trials n (number of participants)	Mean difference, kg (95 % CI)	I^2	P	95 % prediction intervals	Sub group analysis P
Weight Loss							
Weight change	Mean weight change at programme end	20 (2947)	-2.91(-3.6 to -2.2)	81 %	<0.01		—
	Mean weight change at follow-up	3 (185)	-5.5 (-11.4 to 4.7)	86 %	0.04		—
Self-weighing/self-regulation isolated.	Isolated strategy	1 (183)	-0.5 (-1.3 to 0.3)	—	—		—
	Behavioural weight management programme plus self-weighing/self-regulation components compared to the same behavioural programme	4 (274)	-1.7 (-2.6 to -0.8)	0 %	<0.01	-7.5 to 4.1	—
Multi component interventions	All	15 (2490)	-3.3 (-4.1 to -2.8)	81 %	<0.01	-6.7 to 0.05	—
	Daily weighing	7 (795)	-3.2 (-4.8 to -1.6)	90 %	<0.01	-9.5 to 3.1	0.95
	Less than daily weighing	8 (1695)	-3.3 (-4.0 to -2.5)	65 %	<0.01	-4.6 to -1.0	
	Has accountability	14 (2177) ⁺	-3.5 (-4.4 to -2.6)	82 %	<0.01	-8.9 to 1.9	0.05
	No accountability	2 (313) ⁺	-2.3 (-3.2 to -1.5)	0 %	<0.01		

All studies are intention to treat using BOCF + One trial had three arms and subsequently an intervention arm in each subgroup